

## CLAIMS

1. A data reproduction instructing apparatus comprising:

5 reproducing means for reproducing data;  
detecting means for detecting organic information; and

instructing means for instructing timing to start the reproduction of said data on the basis of said detected organic information.

10 2. A data reproduction instructing apparatus according to claim 1, wherein said data is at least either audio data or video data.

3. A data reproduction instructing apparatus  
15 according to claim 1, wherein said organic information is information showing at least one of a body motion, breath, heartbeat, and a pulsation.

4. A data reproduction instructing apparatus  
20 according to claim 1, wherein said instructing means is one of an audio sound, a buzzer, a light-emitting device, and a display.

5. A data reproduction apparatus according to claim 1, wherein

25 said detecting means detects a change point between an inspiratory period and an expiratory period of a respiratory movement, and

said instructing means instructs the timing to

start the reproduction of said data when said change point is detected.

6. A data reproduction apparatus according to claim 1, wherein

5                   said detecting means detects a pulsation, and  
                  said instructing means instructs the timing to  
start the reproduction of said data on the basis of said  
pulsation.

7. A data reproducing apparatus comprising:

10                   reproducing means for reproducing data;  
                  detecting means for detecting organic  
information; and

                  control means for controlling timing to start the  
reproduction of said data on the basis of said detected  
15                   organic information.

8. A data reproducing apparatus according to claim 7, wherein said data is at least either audio data or video data.

9. A data reproducing apparatus according to claim  
20                   7, wherein said organic information is information showing  
at least one of a body motion, breath, heartbeat, and a  
pulsation.

10. A data reproducing apparatus according to claim  
7, wherein said instructing means is one of an audio sound,  
25                   a buzzer, a light-emitting device, and a display.

11. A data reproducing apparatus according to claim 8, wherein

said reproduced data is constructed by a plurality of partial data, and

said control means controls the timing to start the reproduction of each of said partial data on the basis of said detected organic information.

12. A data reproducing apparatus according to claim 7, wherein said control means allows the reproduction to be started from an important portion of said data on the basis of said detected organic information.

13. A data reproducing apparatus according to claim 7, wherein

said detecting means detects a change point between an inspiratory period and an expiratory period of a respiratory movement, and

said control means allows the reproduction of said data to be started when said change point is detected.

14. A data reproducing apparatus according to claim 7, wherein

said detecting means detects a pulsation, and said control means allows the reproduction of said data to be started when a maximum value of said pulsation is detected.

15. A data reproducing apparatus according to claim 7, further

comprising storing means for storing a plurality of organic information, and

wherein said control means allows said data to

be reproduced on the basis of the organic information selected from said plurality of organic information.

16. A data transmission instructing apparatus comprising:

5 transmitting means for transmitting data;

detecting means for detecting organic information; and

10 instructing means for instructing timing to transmit said data on the basis of said detected organic information.

17. A data transmitting apparatus comprising:

transmitting means for transmitting data;

detecting means for detecting organic information; and

15 control means for controlling transmission timing to transmit said data on the basis of said detected organic information.

18. A data recording instructing apparatus

comprising:

20 recording means for recording data onto a recording medium;

detecting means for detecting organic information; and

25 instructing means for instructing timing to record said data on the basis of said detected organic information.

19. A data recording apparatus comprising:

recording means for recording data onto a recording medium;

detecting means for detecting organic information; and

5 control means for controlling timing to record said data on the basis of said detected organic information.

20. A data recording apparatus according to claim 19, wherein said control means allows said recording means to record the organic information detected by said detecting means.

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21. A data reproduction instructing method comprising the steps of:

detecting organic information when data is reproduced; and

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instructing timing to reproduce said data on the basis of said detected organic information.

22. A data reproducing method comprising the steps of:

detecting organic information when data is reproduced; and

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controlling reproduction timing to reproduce said data on the basis of said detected organic information.

23. A data recording instructing method comprising the steps of:

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detecting organic information; and

instructing timing to record data on the basis of said detected organic information.

24. A data recording method comprising the steps of:  
detecting organic information;  
controlling timing to record data on the basis  
of said detected organic information; and  
5 recording said data onto a recording medium on  
the basis of said timing.

25. A data recording method according to claim 24,  
wherein said detected organic information is recorded  
together with said data.

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